



NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 4 NO. 3

NEWARK, NEW JERSEY

MAY, 1986

The Priory Restaurant Is Now Open For Business



All lined up for an official portrait, members of the Priory staff pose proudly on opening day.

New Community Federal Credit Union Touching \$400,000 Mark

Heralding a marvelous first year of wide acceptance and rapid growth the NCFCU has almost 600 members and has seen its assets grow steadily to the \$400,000 mark, paving the way for an increase in the size of loans it may approve and for an expansion of the services it offers. Two recent non-member

deposits are helping us to attain this goal.

New Services Available

A car loan program has already been implemented, designed with a pre-approval feature unique to NCFCU. The program will apply to new cars only. The pre-approval feature enables members to know exactly how much financing they can obtain before they go car shopping, and allows the member to enter a dealership with a much stronger bargaining position. Qualified members will be able to obtain financing of up to 80% at 10.5%.

Another service which is offered at NCFCU is the availability of low cost Traveler's Express money orders. The low cost Traveler's Express money order service is a direct response to membership request. NCFCU members asked for the service to be developed so that they could avoid the high fees which local merchants charge. NCFCU members will now enjoy a convenient alternative for money orders at a money saving lower cost.

Additionally, NCFCU now provides the convenience of a bill paying service for residents who participate in our direct deposit or

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In an elegant setting of pink linen tablecloths, scalloped crystal glasses and soft stained glass windows, the Priory Restaurant opened its doors for lunch and dinner last week. Lunch is served from 11:30 a.m. to 3:00 p.m. and dinner from 5:00 p.m. to 10:00 p.m., Monday thru Friday. Sunday Brunch is from 9:00 a.m. to 3:00 p.m.

The opening day, which arrived with a minimum of fanfare to allow time for "smoothing out opening wrinkles," proved a delight to those who ventured in. Some had heard of the opening from NCC employees or board members, others came intending to go to The Sandwich Shop and noticed the restaurant's activity.

Among the first day visitors were Alan Zalcon and members of the Child Placement Review Board from the Essex County Court System. They meet every Monday morning "in a relaxed atmosphere," we were told, and Mr. Zalcon was raving about St. Joseph's. "We're very proud of St. Joseph's" he said with enthusiasm, "and this was an opportunity to share in what St. Joseph's is all about." They were celebrating the birthday of Denise Bell, a board member. "It was the perfect place to bring her to

celebrate. The atmosphere is great, the food is great, it's a nice place to come," they added.

Employers of Hollander Home Fashions, in Newark for 35 years, were entertaining buyers from Albany and found the restaurant open when they came to The Sandwich Shop. "Every time we come down here, they bring us to St. Joseph's," said one buyer. "We're looking for good service." They were pleased to be able to eat in our lovely restaurant now.

A group from the University of Medicine and Dentistry of New Jersey was also pleased to find the restaurant available when they arrived for lunch. William Sabota, Vice-President of Human Resources for UMDNJ told us, "We didn't realize today was your opening for the restaurant. However, we were pleasantly surprised at how nice your accommodations are. We think you're going to be doing a good business here. This is what the area needs. We have been down a number of times to The Sandwich Shop, as my colleagues here have. This is going to give it (St. Joseph's) a dimension to open it up, I think, for evening activity."

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A Doctor Dedicated To The Community: Leon G. Smith, M.D.

In this month's Clarion we would like to introduce to our readers Leon G. Smith, M.D., a very special person to many people in New Community and in Newark.

In a recent conversation with Mary Smith she remembered Doctor Smith's (no relation) concern for the poor when she was a housewife and mother twenty years ago in the Scudder Homes public housing project. At that time people were suspicious of hospitals and their clinics and would wait until they were seriously ill before going to them.

Dr. Smith, said Mary, was sensitive to their feelings and suggested that perhaps they would agree to see a doctor in a familiar setting such as the local Queen of Angels Parish, which had facilities to make available. Together with his wife, Margaret he



Dr. Leon G. Smith

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Circulation Up To 10,000

An increasingly heavy demand for the Clarion has mandated yet another jump in circulation to 10,000 to accommodate readers. The racks at St. Joseph Plaza seem to empty as if by magic as more and more people are using The Spa, The Sandwich Shop and now the lovely Priory Restaurant daily.

Visitors to the Extended Care Facility also look forward to the newspaper each month.

We are pleased at the favorable reactions both by word and letter which we receive each month and will continue to keep readers up to date on our activities. There never seems to be a dull moment in The New Community Network.

Pat Foley
Editor

NCFCU Represented At National Credit Union Meeting

Patrick Richards On National Federation Board

The National Federation of Community Development Credit Unions (NFCDCU), met on Capitol Hill (Washington, D.C.) for their tenth annual meeting on April 10, 1986. In attendance for the three-day conference, were representatives from ninety community development Credit Unions from across the United States, including Patrick Richards, the Manager of New Community Federal Credit Union.

One of the highlights of the conference involved the election of Mr. Richards to the board of NFCDCU. He now represents Region II, which is New York and New Jersey. It is the first time in the federation's history, that a credit union official from New Jersey has ever represented New York and New Jersey. Mr. Richards will now be able to take an active part in the federation's policy development at the national level. In addition, he also holds a position on the strategic task force concerning community development lending. The task force will work to develop a policy on community development lending as it is coming under increasing challenge by the banking industry. The task force, which is composed of credit union officials from across the country, will meet here at St. Joseph Plaza in June to form their policy position.

Non-Member Deposit

The Executive Board of NFCDCU also voted to provide a non-member deposit of \$5,000 to New Community Federal Credit Union to help support its continuing growth and commitment to neighborhood self-help development.

The NFCDCU is designed to promote the special interests of community development credit unions. Unlike other credit unions, community development credit unions solely focus on economic development in their respective neighborhoods. To achieve these ends, the NFCDCU monitors government legislation that may im-

pact on community development credit unions, provides consulting, training and management assistance, and has generated nearly eight million dollars in public and private social investment deposits to support community development credit unions.

The concerns of the NFCDCU this year centered on the importance of the continuing expansion of community development lending by community development credit unions, as the government's social investment programs are pared down by Gramm-Rudman. Also, the federation is concerned with community development credit unions serving as the basis for youth training. In addition to the youth training program, the federation awarded education scholarships to youths that have made significant contributions to their communities.

At a meeting with Congressman Richard Lehman (18th District California) and Congresswoman Marcy Kaptur (9th District Ohio), credit union officials were able to present a picture of the growing credit union movement across the country. Richard Lehman indicated that as banks continue their trend of migration toward wealthy communities, the most viable alternative for low and moderate income consumers are community development credit unions. Congresswoman Marcy Kaptur similarly agreed with the emerging importance of community development credit unions. However, she particularly focused on their ability to "play a major role in assisting the working women to become more self-sufficient," in view of female discrimination by traditional institutions.

The NFCDCU encouraged community development credit unions to develop a relationship with local banks, corporations and insurance companies in order to acquire community development investments. These social investments would help to further bolster the industry, while providing these local institutions with an opportunity to exercise their responsibility to the communities in which they operate.

The tenth annual NFCDCU conference was a successful three-day meeting, in its ability to voice on a national level the present importance of community development credit unions, and their ability to serve the over 100,000 active members across the country. Moreover, it provided an invaluable ability for credit union officials to meet, share ideas and propose new ideas to help community development credit unions become more competitive.

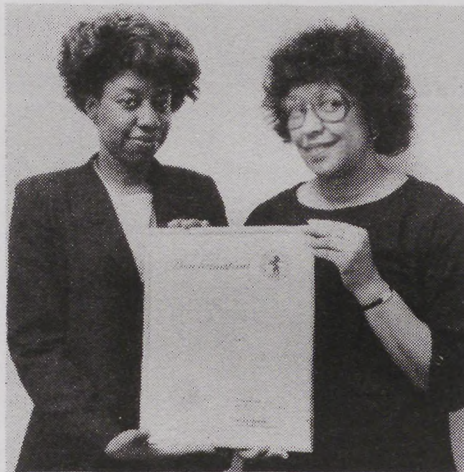
We look forward to future productive meetings such as this one which will help increase the effectiveness of community credit unions such as ours.

Roberta Singletary,
President

Babyland Receives Award

Martha Carroll, Babyland Nursery Personnel Director, and Georgia Ransome, one of Babyland's first parents and presently a Babyland Board Member, proudly received a proclamation proclaiming Thursday, April 10, 1986, as Babyland Nursery Day in Essex County. The proclamation further called upon citizens of Essex County to join Babyland Nursery in celebrating *The Week of The Young Child* and commended all day care centers for providing quality educational, health, and nutritional services to the children of Essex County.

The proclamation presented by Catherine Willis, Director of the Division of Community Action, on



Georgia Ransome, left, and Martha Carroll exhibit their new proclamation.

behalf of Essex County Executive, Peter Shapiro, came as a surprise to Babyland employees who were attending an Awards Dinner in celebration of *The Week of The Young Child* at Essex County College. At the April 10 Awards Dinner, twenty-three day care centers from Newark worked cooperatively in decorating their tables with lovely centerpieces, having their children assist them in making banners to hang near their designated tables, and preparing the tasty menu. The primary purpose of the affair was to recognize either a foundation, a corporation, or an individual whose support makes it possible to provide all of the day care program components.

Having seen five of her own

Ribbon Cutting Ceremony For Affordable Housing

Arthur L. Wilson, President of New Community Corporation (NCC), has announced that a ribbon-cutting ceremony for New Community Estates will be held on Thursday, May 8, 1986 at 10:00a.m. on the project site located at Fourteenth Avenue and Camden Street, Newark, N.J. The ceremony will celebrate the opening of the model units for the fifty-six (56) unit condominium development which is now under construction.

Newark Mayor Kenneth A. Gibson and Commissioner Leonard S. Coleman, Jr. of the New Jersey Department of Community Affairs will address the gathering.

children complete Babyland's early childhood program, Mrs. Ransome gave personal thanks to all of the donors and on behalf of Babyland's employees, parents, and children, presented plaques to the following Babyland donors: William B. Mullins, President of The Florence and John Schumann Foundation; Richard A. Lewin, Executive Director, and Gail D. Moore, Campaign Director, both from United Way of Essex and West Hudson; and Jerome D. Greco, Freeholder President, and Catherine Willis, Director of Community Affairs, both from the Board of Chosen Freeholders, County of Essex.

Together, the twenty-three day care centers presented a plaque to The Honorable Mayor Kenneth A. Gibson and the City of Newark, and to Dennis Cherot, Director of the Department of Health and Welfare, for their support of day care.

Mary Smith, Executive Director of Babyland, would like to take this opportunity to personally thank the Office of Children for their assistance in organizing the many activities for *The Week of The Young Child*, and to thank Babyland employees for their dedicated spirit as they continue to provide quality and loving care to the children of Babyland. For without this, never would we have been so honored as to have our very own "Babyland Nursery Day in Essex County" on April 10, 1986.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

PUBLISHER: New Community Corporation
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Send to: The Clarion
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233 W. Market Street
Newark, New Jersey 07103
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Circulation: 9,000 10,000

A CHANGE OF PACE

ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.

Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL
From 5:00 P.M. until 11 P.M.
SCRUMPTIOUS BUFFET

Cash Bar

Priory Restaurant Open...

Continued from page 1

Celebrating another birthday — the 80th one for Vera Walsh — were Vera, Ann Tripp and John Jewett. All three are on the board of the American Council For Healthful Living and Ms. Tripp is its Executive Director. NCC board member Newton Richards had told them of the opening and he received a phone call later that night with rave reviews for The Priory. "We had our annual meeting here," Ms. Tripp commented, "and we loved it."

Of course the people behind the scenes in the kitchen doing such a great job with the food preparation deserve a lot of credit as they breezed through opening day displaying their capable talents, and lovely Gayle Chaneyfield, the Maitre D' was there to greet everyone warmly at the door.

Joseph Rodriguez, the *seux chef*, felt "the kitchen went well and it was nice" — pride showing in his

voice. Mr. Rodriguez has been a chef for 30 years and when he asked what a "*seux chef*" was (he even had to spell it for me) he described it as "the man in charge of the kitchen who coordinates the various stations (sauteeing, broiling, salad and garnishing) making sure correct orders come to the table."

"There will be specials every day," Mr. Rodriguez went on, "both pasta and entree specials with different fresh fish such as red snapper, trout and salmon and fresh scallops." His menus are ready and waiting.

Helping with food preparation will be Chef Vincent DiBisceglie, a graduate of Johnson and Wales Culinary School in Providence, Rhode Island. Vincent started as a dishwasher in a restaurant eight years ago and gradually began to get interested in cooking. He found he "liked to cook a lot," and decided



Gayle Chaneyfield, the Maitre D', welcomes Rev. Gregory Tucker of Ridgefield and Newark's Rev. Dr. James A. Scott to the Priory Restaurant.

to go to school and make it his career. He would eventually like to open his own restaurant and feels being in on the opening of The Priory is good experience. Vincent enjoys Italian food best himself, but likes to prepare French cuisine and seafood. "Brunch at The Priory went so well the people were asking when the restaurant would be open. Everyone was aware of us," he told us.

The chef responsible for all the delectable desserts at The Priory is David Temple, a registered master chef and pastry chef. David has 32 years experience with 5 years experience in baking. He was "the first black to graduate from Johnson and Wales" but in 1954 when he graduated "the demand for black chefs wasn't there," so he joined the United States Marine Corps. For 30 years they sponsored him in competitions while he ran Officers' Club's etc. "They were good to me,"

he said with emotion. Mr. Temple has done a lot of competing and won the District Grand Masters here in New Jersey in February. He will represent the district in Columbus, Ohio in May and "always chooses the main dish category."

After returning from the Marine Corps he was working as a chef in a Short Hills restaurant where he was discovered by NCC's Madge Wilson who went there for lunch one day. David tells me he has 3,000 recipes in his repertoire.

If you would like to sample some of them plan to come to The Priory for lunch or dinner and enjoy such favorites as scallops in bacon en brochette as an appetizer or a pasta of fettucini ala primavera, or perhaps the popular entree of veal Normandy would tempt you.

Whatever your preference, the soft ambiance of The Priory will make any meal very special.

Won't you pay us a visit soon?



Delicious food, elegantly served, awaits Priory diners.

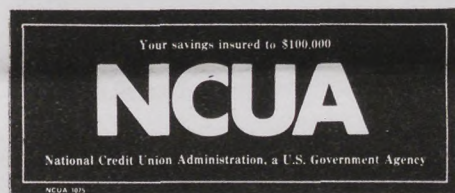
NCFCU Touching \$400,000...

Continued from page 1

payroll deduction program. Members of NCFCU can also have their monthly rent payment handled by the Credit Union if they desire. NCFCU developed this service in conjunction with the direct deposit system, especially as a service to senior residents. The direct deposit system and new low cost Traveler's Express Money Order service will provide a much safer process of handling the financial affairs of the members. Direct deposit is the single largest crime prevention vehicle for senior citizens, since it reduces their exposure to potential crime. NCFCU, in coordination with the anti-crime program, is promoting direct deposits for seniors and anyone receiving income through the mail. Recently, it has been found that mail fraud has been increasingly aimed at Social Security checks within the Post Office. However, Social Security checks, which are made out to institutions on behalf of an individual are unattractive to thieves. Consequently, both NCFCU and the anti-crime task force are working to educate

New Community residents about the value of direct deposit.

As NCFCU continues to grow, it will continue to develop services around the needs of the community.



Loans Have Helped

To date, NCFCU has loaned over \$111,000 in either personal or debt consolidation loans to its members. These loans have helped individual members take much greater control over their financial situation. In all cases it has provided the member with the ability to manage an immediate need, without depleting personal savings. More importantly, it enabled the members to develop a financial plan of action which allowed them to continue to build their savings accounts.

Future Plans

As its next service NCFCU is planning to make checking available to its members. The establishment of this service will bring NCFCU another step closer to becoming a full service financial institution.



Together in Washington, D.C. — (L-R) Cliff Rosenthal, Executive Director of NFCDCU, Annie Vamper, Executive Assistant of NFCDCU, and Roberta Singletary, President of NCFCU.

New Community Federal Credit Union is embarking on a membership drive for the next several months, to bring its services to a greater portion of our community. Although NCFCU presently services almost 600 members, it has the potential to service the financial needs of many more individuals.

If anyone has any questions regarding the services at NCFCU, please feel free to call 623-2800 and ask for Patrick Richards.

**NCC
Residents
Remember
To Vote
May 13th**



NCC Employment Center News

New Co-Director For Employment Center

Sharing the administrative responsibilities with John Bins at the New Community Employment Center is Carole Walker, new Co-Director. Carole will also serve as an Employment Counselor along with Mary Bins and Patt Deluca.

Ms. Walker sees her new association with NCC Employment Center as a continuation of the process of enabling people to change the quality of their lives. "For many people, there are three steps in this journey," she says. "The initial step is often a person's recognition of the desire to bring about a change in

campaign, for candidates who wanted to protect the under represented and give recognition to minority voters' concerns.

As a college administrator over a seven-year period, she carried out her commitment to individual betterment by assisting minority or economically depressed students to achieve their educational goals — the second step of the three-step journey. She served at both Upsala College in East Orange and Seton Hall University in South Orange where she was an Assistant Director of Financial Aid.

Carole has a degree in English and Journalism from Upsala College and while employed at Upsala and Seton Hall she also had major assignments in writing and editing publications with the public relations department. This later direction led to a position as Public Affairs Coordinator for an environmental corporation in Parsippany.

The warmth with which all of her former employers speak of their association with Carole makes NCC Employment Center staff feel that they already know her well, although her first day was April 28. Her administrative experience and strong communication skills will serve her well at the Center.

Employment Center Has Faithful Employers

NCC Employment Center is blessed with a large number of faithful employers who call the Center as soon as they have job openings — and by a large stream of jobless people needing an outlet for their energy and talent. John Bins says, "Carole will be a tremendous asset to NCC Employment Center and we really welcome her expertise and commitment. She will help us capitalize on the great employer connections we have already made and help us find 'good work' for more people." Carole makes her home in Montclair where she lives with her daughter Tara who is a fifth grade student at Lacordaire Academy in Upper Montclair.

On-The-Job Trainee Secretary

Just imagine a very busy office with phones ringing and people dropping by and no receptionist! Well for the last year and a half this is how it's been here at the NCC Employment Center. We would answer our own phones and greet new arrivals even when that meant having to interrupt an ongoing interview or phone call. Our goal was



Leslie Benton

to provide prompt and courteous attention to all who sought our services but in time we learned that our job placements were being frustrated with frequent interruptions. We then tried for three months a plan where each counselor would take a turn acting as a receptionist every fourth day to allow the other counselors to work uninterrupted with their applicants and employers. This helped our nerves but our placements took a noticeable drop. At that point we realized that we could no longer do without a secretary.

Then the thought occurred to us that in our work we interview many young people who earnestly desire to work in the clerical field but do not have the experience or skills to land permanent employment. Why not, then, offer a service to the community while also servicing ourselves by hiring an on-the-job Trainee for three months? Since most employers look for some clerical experience with a typing speed of an accurate forty words per minute plus good grammar and math skills, we could provide experience and training to someone who needs that extra attention. While working three months as a secretary here at our center, the trainee would be given ample time to practice typing, and in the evening work at home on grammar, spelling, and math. With this approach in mind, we looked to our files of applicants and it wasn't long before we found someone!

As of April 1st, Ms. Leslie Benton has been employed as our first On-the-Job Trainee Secretary. Born in Newark, this attractive twenty-four year old young lady had only sporadic clerical jobs within the last six years. In addition, her typing speed was tested at only twenty-four words per minute, and her math also proved to be well under par. However, her motivation was and still is beyond compare. Her past struggles have taught her the value of steady employment and refined

clerical skills, so she looked at our position as a serious opportunity to better herself. Her pleasing personality and eagerness to learn and accept constructive criticism has already won her our respect and admiration. We are very proud to have her with us and look forward to finding her permanent employment in July, while offering the same opportunity to a new applicant!

This training program offers an excellent opportunity for a church, organization, or charitable foundation to help NCC Employment Center at the same time that it helps train a worker that would otherwise be unemployed. The cost for the three month program is \$3,000 which is 99% salary and benefits. We would appreciate hearing from anyone who would like to fund this program. We can be reached at 643-3828.

Patt S. Deluca

Employment Center Purpose

NCC Employment Center finds jobs for people who want to work and finds good employment candidates for employers who have specific openings. If you have a job opening or have job lead, just phone us five days a week at 643-3828. "We always need more jobs and we have excellent prospects for employers to consider," says John Bins. "Their ages range from 16 to 60 and their backgrounds from unskilled to college graduate," he adds. Those seeking employment should also phone 643-3828. Just ask for an appointment.

NCFCU Offers Loans

Thinking about a vacation? Would you like to eliminate a few bills? Or would you like to spend some time getting your wardrobe ready for Spring?

New Community Federal Credit Union (NCFCU) is ready to assist you in these endeavors, with a personal opportunity loan. Eligible members will be able to borrow from \$200.00 to \$500.00 for up to two years. If you are interested in exploring the advantages of a NCFCU personal opportunity loan, contact the Manager at 623-2800.

New Car Beckoning?

Is your present car taking residence at the garage? Have you got your eye on a sporty new car, but don't know where to go for the solid financing? Are you confused and disgusted with the limited options and gimmicks in dealer financing?

New Community Federal Credit Union is now offering up to 80% financing on all new car loans. Qualified members will be able to secure 10.5 percent financing for 3-4 year terms. If you are serious, now is the time to contact the Manager at 623-2800, and ask about our pre-approval policy.



Carole Walker

their life. The second step is to take advantage of their right to be educated and trained to insure their eligibility for employment.

"The third step is where the NCC Employment Center's activity is focused. At the Center, I will be helping people find employment for which they are qualified — by whatever experience, training, and education they have had."

Carole comes to NCC Employment Center with a long-standing commitment to making positive changes in individual lives. For four years these were directed toward political changes through staff work in a gubernatorial and a presidential

ANNOUNCING NCC FESTIVAL '86

Headline Activities

FRIDAY, JUNE 6th

- ★ "CRY OF THE PEOPLE" 2 Shows - 3:30 & 8:00
(Newton Street School) **Gen. AD. \$3.00 Child \$2.00**
- ★ FISH FRY DINNERS Beginning 5 pm
(180 South Orange Avenue)
- ★ "Oldies But Goodies Music" 5:00 - 7:30
(180 - NCC Associates)

SATURDAY, JUNE 7th

- ★ 12 Noon- Annual N.C.C. PARADE (14th Ave.)
- ★ 1 P.M.- Booths Open Bruce St. Food-Soft Drink
- ★ 1:30 P.M.- N.C.C. Basketball Game Newton St. Playground
- ★ 1:30 P.M.- Sandorse The Magician Newton St. School
- ★ 2:30 P.M. - Dinizulu & African Dancers, Drummers and Singers (Bruce Street)

Dedicated Doctor: Leon G. Smith, M.D. ...

Continued from page 1

founded the Queen of Angels Family Health Service, providing voluntary medical care to the indigent population of Newark from 1965-1970.

Today Dr. Smith is still quietly providing care to the people of Newark in his position as Director of Medicine at St. Michael's Medical Center. St. Michael's is a part of the Health Corporation of the Archdiocese of Newark.

"Archbishop Gerety," said Dr. Smith, "is totally committed to the poor in Newark and has had many an opportunity to move the hospital to the suburbs and has declined even though the percentage of Catholic patients in St. Michael's Hospital has decreased over the years."

St. Michael's is completely self-funding and has not always found this easy. According to Dr. Smith, St. Michael's almost went bankrupt three years ago because of its commitment to the poor. It is always looking for contributions.

We asked him about the problems caring for the poor presented and what they meant in a Catholic hospital.

He described the problems of the poor as "the same problems that the rich have — but they're magnified." Women (without husbands) are lonely and the young use drugs such as heroin and cocaine. Contaminated needles result in AIDS. He finds a tremendous incidence of high blood pressure. Normally this can be controlled with medication, Dr. Smith pointed out, but the poor sometimes do not have the money to get this medication, and this results in additional problems.

He considers the black patient the best patient in the world, generally speaking," describing them as "respectful, attentive" and "although

not always reliable in their appointments" he finds them to be "very stoic." Probably the best patient in the world is the black woman, according to the doctor, and he painted a vivid picture of the difficulty she faces carrying the burden of children, with no husband. "She has to feed the family and provide psychological support with no support to draw on herself since the grandmother is no longer present. The church is the only support that they get, so they tend to be church oriented," he said thoughtfully.

The diet of the poor includes too much fat and too much salt leading to overweight and high cholesterol, but basically they are a strong people, he finds, with greater physical strength than white people in the suburbs. This strength is often seen in the excellence of the black athlete.

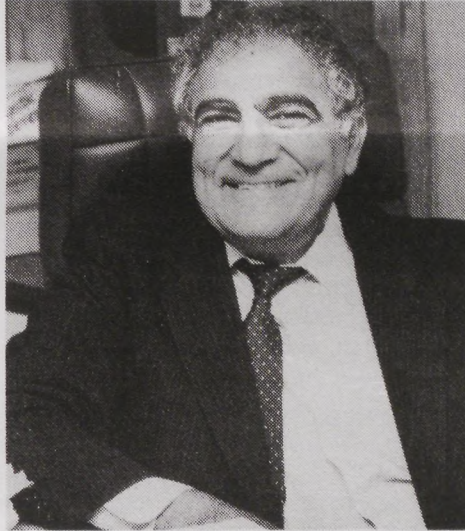
"The children are more neglected in the inner cities and that is because the woman is overwhelmed. She has no counterpart husband to take care of them and the children are pretty much left on their own. They get into a lot of trouble when they're left on their own," he said sadly.

Dr. Smith sees the results of that trouble: drug use and early sex and resulting infections and now the big tragedy of AIDS which carries with it a 100% mortality rate. AIDS in Newark is mostly related to drug use not homosexuality. Unfortunately also according to Dr. Smith, there is no support system for drug addicts with AIDS. "The homosexuals take care of their own, but nobody wants to take care of the drug addicts" he went on.

Trying to address these problems, St. Michael's has the largest outpatient facility for AIDS, cares for pregnant women in its clinics, has skin

and VD clinics, eye clinics helpful especially to the elderly and one of the largest dialysis centers in the state (90% of the people on dialysis in this area are black). They also have a cancer program and heart surgery as well as an excellent psychiatric program.

The hospital agrees 100% with the



A smiling Dr. Smith enjoys a relaxed moment during his interview with Clarion Editor Pat Foley.

new Bishop's Guidelines, he told us.

"Anyone can come in our door and expect to be taken care of," he assured me. Many of St. Michael's doctors waive their fees in order to do

this, and the hospital has always provided a bed for those who need it. No one has ever been turned away. They provide a tremendous amount of free medical care such as providing backup medical care for a program at St. Michael's Church run by a suburban parish.

For over 120 years St. Michael's Hospital has done all these things very quietly, solidly and efficiently as part of the tradition of the institution, he noted.

Dr. Smith's own Curriculum Vitae includes many medical publications and medical and community service activities, a Magna Cum Laude award from Georgetown Medical School, National Oncology Award and three A.M.A. Physician's Recognition Awards as well as the 1983 New Jersey Academy of Medicine 44th Annual Edward J. Ill Award.

Dr. Smith is obviously proud of the work St. Michael's is doing, and we know many people here in Newark are proud of the work he is doing quietly and without fanfare for them.

Dr. Smith revealed that he is often a visitor to the Sandwich Shop at St. Joseph Plaza. "They have the best corned beef sandwich anywhere," he said enthusiastically.

We are pleased we can provide something in return for the integrity and dedication he has shown to our needy for so many years.

St. Benedict's Addition Underway

The groundbreaking for St. Benedict's \$7.8 million recreational educational facility was made even more memorable by an April 23rd snowfall.

The weather however, did not prevent Archbishop Peter L. Gerety, businessman and generous alumnus Robert E. Brennan, Newark Mayor Kenneth Gibson and St. Benedict's President Abbot Melvin J. Valvano as well as hundreds of other guests from marking the occasion with the traditional shovel ceremony.

The facility will be located across the street from the preparatory boy's school and will include classrooms, a television studio, faculty offices, a

swimming pool and exercise and wrestling rooms. Construction which is to begin this month has a completion deadline of fall 1987.

A construction campaign has been going on since 1984, launched by a \$5 million gift from Brennan. See Clarion story, March 1985.) This week he agreed to donate an additional \$5 million for capital improvements and hopes more alumni will follow suit.

St. Benedict's originally began as an elite school for boys most of whom were white, but as they gradually moved out of the neighborhood it regrouped to focus on providing an excellent education to serious black students from the area.

Future Nurses Go To Rutgers

The Future Nurses of the Anti-Crime Program are presently undergoing seminars that will prepare them for college. Ms. Audrienne Bishop-Cline R.N. who is the assistant E.O.F. officer for Rutgers University Nursing School at Newark is conducting these seminars. Ms. Bishop-Cline who is a life long resident of Newark's Central Ward is very eager to assist in this endeavor.

It is understood that students do not just become college material, they need formation to become such. They are guided and prepared early to ensure that when the time comes they are ready. We realize that many students who are going to seriously pursue nursing will need to make adjustments in their current courses. This will ensure that when they arrive at college they won't be discouraged by having to take a lot of courses that they should have taken in high school.

They will attend the Saturday Academy at Rutgers where they will be tutored for college admission exams. When the time of high school graduation arrives the transition to college will be smooth and comfortable, rather than one filled with



Georgia Ransome

suspense and uncertainty. They will also have a solid base of information concerning their needs at the beginning of college rather than eventually stumbling into the many obstacles that can beset them. The one thing that contributes to failure or success in any endeavor is the information available to the person undertaking the project. The more you know, the less uncertainty there is; confidence and knowledge breed success.

We are building that confidence, and we will attempt to coach and nurture them toward a successful future.

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Forensic Debate Demonstrated For NCC Seniors

Some of the most intelligent students in the state, from Science High School in Newark, visited three New Community Senior buildings during the month of April to demonstrate Forensic Debate. These young people have been carefully trained in the area of intellectual debate.

Each year a national topic is chosen by the national Forensic League. The national topic for 1986 is: *The federal government should resolve to establish a comprehensive national policy to protect the quality of water in the United States.*

Once a topic is chosen, each debating team in the country must develop its debate around the subject. Students are presented with a tremendous challenge to contend with and overcome, such as research, time constraints and opponents. They must maintain a high grade average in all of their course work in order to participate. The teams travel all over the country to challenge other brilliant challengers. Most of their

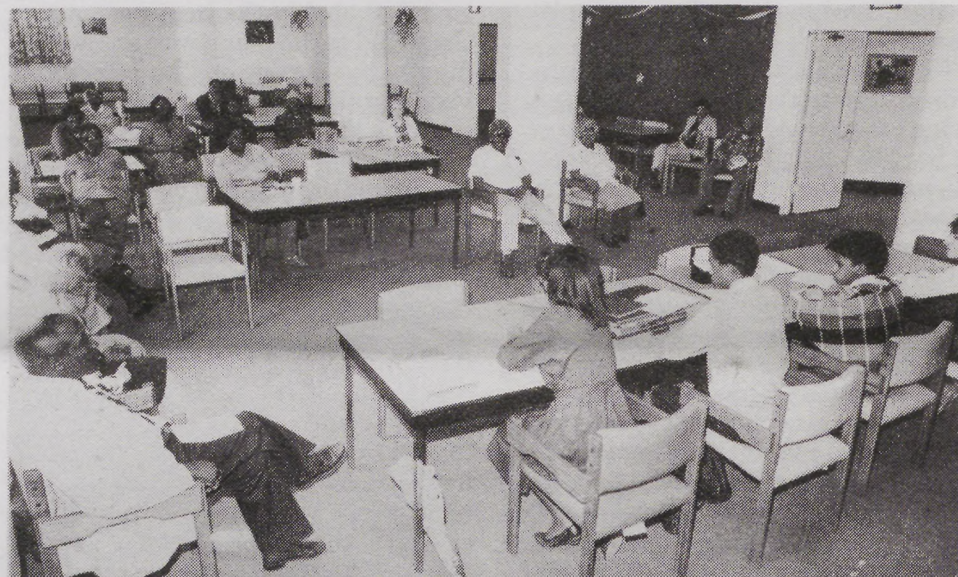
competitors are from wealthy or upper middle class families. This is therefore a great accomplishment for youth from the inner-city, who for the most part are from poor families and may never have traveled outside of Newark. They were sponsored by Central Ward Councilman George Branch who was one of the initial persons responsible for the funding the Newark Debating Team through Project Pride, a program founded by him to help young people in Newark to achieve.

Mrs. Maude Jones had asked Councilman Branch to bring the team to NCC. She had seen their demonstration on another occasion and felt this experience should be shared with NCC Seniors. Mrs. Jones is president of the Senior Citizens Auxiliary of NCC Associates. The team visited NC Associates, NC Gardens Senior and NC Commons Senior.

Student participants were Wakilah Felton, Marlon Hawkins, Dianna Dunker, Steven Popiotek, Jonathan

Alston, and Brenda Douglas. The two subjects debated by these students were the chlorination and fluoridation of water and the incidence of ter-

rorism. The team was escorted by Brent Farrand, their coach who founded the debate program in Newark.
Virginia Scott



Four members of Science High School's Forensic Debating Team pause momentarily in their presentation at NC Gardens Senior. Councilman George Branch, left foreground, was instrumental in the funding of this event.

St. Rose Students Help Babyland



Daphne Anderson (left rear) and Kimberly Thornes (right) supervise a color-matching game with Babyland III players.



St. Rose of Lima School's Service Corps members Natasha Reliford (right, rear table), Stephanie Covington (right, center table), and Aduni Philadelphia (right, foreground), keep their young charges at Babyland III pleasantly occupied.

Babyland Suffers Huge Increase In Insurance

The overall policy for insurance for Babyland Nursery Inc. has taken a major jump from approximately \$32,000 to around \$70,000, largely because coverage for the Babyland run Essex County Family Violence Shelter and the Protective Services Program are included.

Ms. Mary Smith, Executive Direc-

tor, is concerned because "the State has not increased the budget to cover the huge increase in insurance." She feels also that "The insurance industry is substantially increasing the rates without sharing the benefit of the experience and therefore endangering vital social programs."

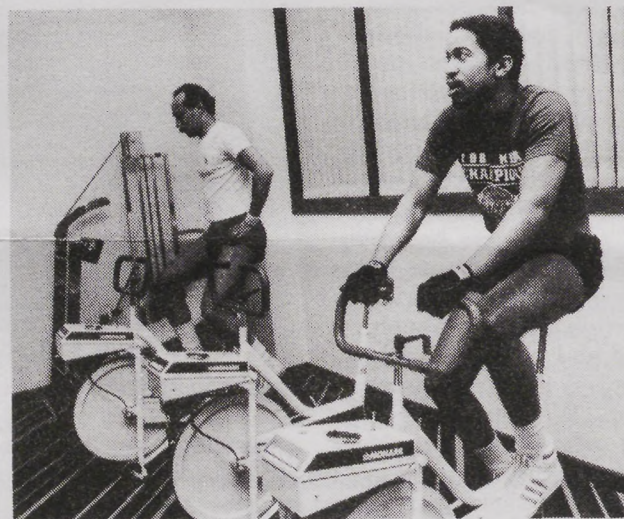


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Extended Care Facility Residents Settling In Nicely

Good Things Are Happening

The Extended Care Facility is filling up its last few beds. It has now been open a little over three months, having admitted the first resident on January 9, 1986.

A building, stark and empty only a few weeks ago is now filled with ac-

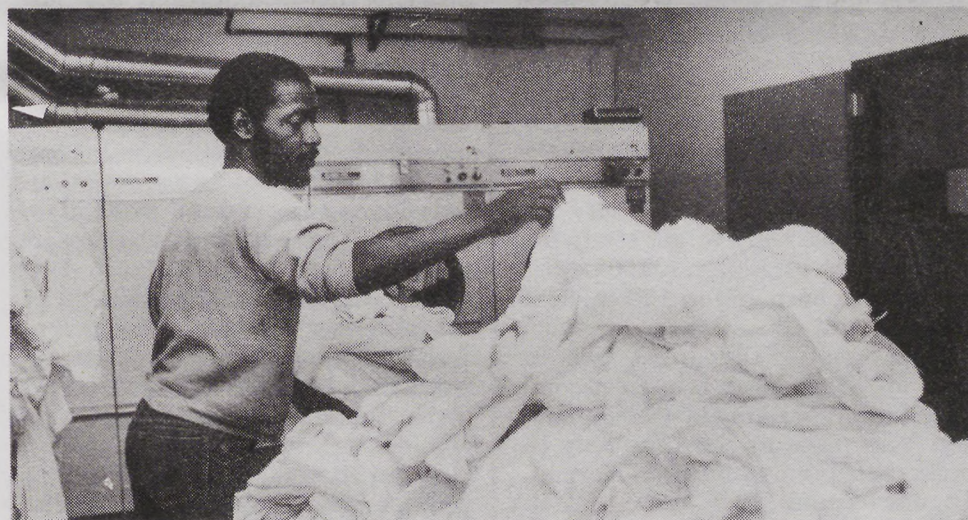


Dr. Kearney carefully checks the health of the grass in the courtyard of the ECF as part of his daily rounds.

tivity. As one approaches the Medical Suite, the sound of the dentist's drill can be heard. Plants are alive and well in Horticultural Therapy. Grass seeds, sown by Dr. Kearney, and survivors of many local pigeons, are sprouting. Below the Medical Suite one hears the hum

daughter are happy to be able to live in the same room. Clothing, much of which has been donated, is worn by the majority who are up and around. Many frail residents have gained weight with good food and regular eating habits. They have enjoyed various activities including the music of the American Symphony at Newark's Symphony Hall. Others interacted with the children at the Easter Egg Hunt. Some cried at the first religious services they had been able to attend in years. The piano, a generous donation, arrived in time for Easter. Father Linder conducted the first mass. Many other clergy and lay persons from local churches have been very supportive and have often brought beautiful flowers to be enjoyed throughout the week.

Just as the residents are getting to know each other, so are the staff. During a recent inspection by the Department of Health, the nursing staff was complimented on their care and concern for the residents. The staff has been assisted by volunteers, students, and candy strippers whose help is so appreciated. One resident who arrived at the facility in restraints and in an agitated state is now up, dressed, walking around and becoming more appropriately responsive daily. He may soon be able to return home to his loving wife. One sees him and smiles, given renewed strength to carry on.



Floydzel Williams, an ECF laundry aide, tackles a mountain of clean sheets and towels.

of washers and dryers as the in-house laundry has become operational.

The Medical Day Care van is busy transporting participants to the outpatient program. There is careful coordination with the personal physician of members of this group. Special transportation is provided to take a participant to his/her own doctor or to have special tests performed.

The bright and spacious cafeteria serves more and more people each day. Generous portions of tasty home cooking at reasonable prices encourages one to return and return. The gift shop keeps a handy supply of candy and personal items which are available during ever expanding hours.

Friendships are developing among several residents as they learn to live with each other. A mother and

Green Stamps Needed

When there is no money for "extras" the saying that the Marines had applies — "the impossible takes a little longer."

That is the case at the N.C. Extended Care Facility where a lovely garden area and several benches were provided in the original plans. But the recent activities such as the Easter Egg Hunt pointed up a need for additional patio furniture to make the most of such a lovely area.

Consequently, a call has gone out for S & H stamps to enable us to provide the needed equipment. Books or loose stamps can be delivered to the facility or mailed to it at 266 South Orange Ave., Newark, N.J. 07103.

CAN YOU HELP US?



Meals are a busy time for patients and staff alike.



Beautician Arlene Nasser spends Tuesdays at the ECF tending the coiffures of the residents.



Mabel Hamilton, a Medical Day Care participant, receives treatment from PT consultant Jerry Sussman.

NCC Commons Seniors

The "140" Club had their election of officers for next year. They are Viola Walker, President; Marion Simpson, Vice President; Connie Wise, Secretary; Ruby Dawson, Corresponding Secretary; Harriet Lewis, Treasurer; Justino Lugo, Financial Secretary; Ralph Simpson and Richard Barfield, Sgt.-Arms.; and Beatrice Harris, Chaplain.

The Oldie But Goodies Club will have a Seafood Party on April 26, 1986, consisting mainly of Crabs & Fish. Also cards and pool may be played.

Elizabeth F. Dougherty D.M.D.

Dentistry for Adults and Children at
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Extended Care Facility
266 S. Orange Avenue
Newark, N.J.

242-5737

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Monday 9 a.m. - 6 p.m.
Tuesday 9 a.m. - 6 p.m.
Thursday 1 p.m. - 6 p.m.
Friday 9 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

Security Corner

NCC Security Second Annual Awards Ceremonies

On Monday, May 5, 1986, NCC Security will hold its second annual awards ceremonies at the new Extended Health Care Facility, 266 South Orange Avenue.

The ceremonies are scheduled to begin at 2:00 P.M. Awards will be presented to those security officers who have performed their daily routines above and beyond the call of duty.

Security Director James DuBose and Associate Security Director Otis Rhynes will present awards to 22 security officers in the following categories: The Medal of Honor; Meritorious Service; Honorable Service; Special Service Award and the Director's Award. The name of the recipient of the Director's Award will not be revealed until the actual awarding during the ceremonies.

Newark Police Director, Charles Knox, is the scheduled guest speaker, and dignitaries throughout the city, county, and state have been invited to attend the ceremonies and a reception that will immediately follow.

Car Wash For Field Trips

On Saturday, March 29, 1986,

members of the NCC Security Youth Program conducted a \$2.00 car wash in front of the Security Base Station at 175 Bruce Street.

The youth, all residents of NCC held the car wash to help pay for future field trips. On May 3, 1986, they plan to visit the West Point Military Academy. This is just the first of many trips that are planned for the spring and summer months.

It is hoped that the trips will provide motivational experiences for the young people and at the same time provide recreational outlets for inner city youths.

Advisory members for the youth program are Security Officers: Wayne Walker, William Bass, and Amin Muhammad, Jim Rohrman of NCC Administrative Offices is the treasurer.

Youth members are: Eugene Thomas, and Scott Brown, Co-Presidents; Paul Harrington, Ira Bowman; Ira Brown, Rahman Holloway, Clay Gea, Greg and Van Stevens, and Clyde Thompson.

The members have scheduled another car wash for Saturday, April 26, 1986, at the Base Station from 10:00 A.M. until 4:00 P.M.

All are urged to support these young people in their endeavors.



Many hands make light work of a big, messy, wet and soapy job.

Celebrating The Gift Of Life At Gardens

NCC Gardens celebrated all those having a birthday in the months of January, February, March and April. It was a wonderful evening. Cakes of the month depicted January as a burst of newness, February with a big heart, March as a kite and April with what else but an umbrella — all brightly decorated. The cakes were not only beautiful to look at but delicious to the palate, and were courtesy of our own Mrs. John White. Music was provided by our favorite disc jockey, Danny, who captured our hearts with his oldies but goodies. Friends and relatives danced into the wee hours of the morning enjoying stories of the past and expressing joy and happiness about life today.

We thank each one of our residents for sharing their gift of life with us. Happy Birthday and may the good Lord give you many many more years of celebrating life.

FOOT FACTS:

The Natural Exercise

Office Hours at St. Joseph's Plaza
9 - 12 Mon.

9 - 12 every 2nd & 4th Sat.

No special equipment, outfit, arena, or membership is required. No reservations, partners, regulations or qualifications are needed. But the trophy awarded is irreplaceable and immensely valuable.

The sport is walking. The trophy, a fit and feeling fine body. "Everybody walks," you say? Not so. Walking from the car to the door doesn't count. Nor from the television to the refrigerator. For walking to work, as a sport in the fitness department, it should be measured in time and in miles, beginning with half a mile in a 15 minute session and gradually working up to as many as five miles in an hour and a half.

Walking as an exercise seems to be taking over from jogging because it can be done by everyone, regardless of age, lifestyle, or physical condition. It is convenient, inexpensive, healthy, safe, and natural.

The fact that it is natural to walk makes it seem almost ridiculous to call walking a sport and offer tips on ways to enhance the conditioning effects and enjoyment of walking. But it is helpful to know that there are several basic walking styles, each with different characteristics and benefits.

Strolling: At one or two miles per hour, this is enjoyable but too slow for aerobic or cardiovascular conditioning for the heart and lungs. This is worthwhile as an activity to limber up the body to get ready for more rigorous walking. A 150 pound person can burn 100 to 120 calories per mile.

Functional Walking: At two to four miles per hour, this most common form of walking is used in moving from place to place; walking to work, shopping, or touring. Normally one would burn 120 to 140 calories per hour.

Brisk Walking: This is aerobic walking, at 3.5 to 5.5 miles per hour, and the pulse stays fairly high from 50 to 60 minutes, and the body burns 120 to 160 calories per mile.

Weightloaded Walking: Using daypacks, weight belts, ankle and hand weights, this can be done at any pace and is an alternative for those who don't care for fast-paced exercise. Normally 170 to 280 calories are burned per mile.

Hiking: This is probably the most enjoyable form of walking. The pace is two to three miles per hour and the body burns 120 to 170 calories per mile.

Climbing: The pace of stair climb-

Dr. Kenneth
Frank

Podiatrist



ing, mountain climbing, and hill walking varies, but the body normally burns 150 to 300 calories per mile.

Long-Distance Walking: At two to four miles per hour, over all types of terrain, this can be done for several hours or several days, and you'll burn about 100 to 140 calories per mile.

The method of walking is simple and relaxed. Stride with the longest step comfortable and let your arms swing naturally. A long stride stretches and loosens tight muscles. Keep your pace brisk but not hurried. A vigorous exercise walk increases the amount of oxygen supplied to the muscles and to the brain and leaves you feeling refreshed and exhilarated.

Walk with your head held high and back straight. This produces a higher center of gravity and enables you to obtain a longer, more efficient stride.

With feet two to four inches apart, reach out with hip, knee, and heel, pointing toes in the direction you are traveling. Don't let your torso tilt forward, but let the stride of your legs, with knees unbent, supply the power for your walk. A full stride, with legs out in front, knees straight but not locked, and the body column erect, reduces the strain on the back and shoulder muscles.

Let your arms swing naturally in an arc from the shoulder. This counterbalances the forward motion and increases speed, maintains rhythm and exercises the upper body.

Deep and rhythmic breathing is the best way to achieve energetic, tireless walking. Try inhaling deeply over five or six steps and then exhaling slowly. This pattern can actually help lighten your step. The best way to begin a walking program is to walk for 20 minutes several times a week. Walking with a friend can increase incentive. Walk at a comfortable pace, slowing down if you find yourself breathing heavily or unable to maintain a conversation while walking. Don't tire yourself, and if you can't walk for 20 minutes, start with 10 minutes. As your body adapts to the exercise, increase your time and pace.

Remember to wear comfortable, well-fitting, sturdy-but-not-heavy walking shoes for your walk. For more information on walking as the perfect natural exercise, ask your podiatrist.

Hours: Every Monday 9:00-12:00. Every 2nd and 4th Saturday 9:00-12:00.

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Health Care Update

If you are in a room of 70 men and 30 women, chances are that 7 of the men and one of the women are alcoholics. Alcoholism is simply the addiction to alcohol. An individual takes it on a continuous or periodic basis to experience its psychological and physical effects and/or to avoid the discomfort of the absence of these effects. In New Jersey, there are almost 4% more alcoholics among women than the national average. Nearly 15% of students who are 15-18 years old already have a drinking problem.

The effects of alcoholism are extensive:

- the mortality rate is higher than in the general population not only because of direct physical complications but also because of a suicide rate 30 times higher than normal and increased motor vehicle accidents and falls.
- up to 65 % of child abuse cases are reported to be alcohol related.
- the incidence of crime and alcohol is staggering.
- economic costs incurred from lost time at work, medical care, accidents, and fire among others are in the billions of dollars.

Within recent years the business community has responded with specific programs for the employee who is a problem drinker. In addition to the human aspect, such a program becomes cost effective in terms of insurance and workmen's compensation as well as with costs associated with recruitment and training a replacement. Alcoholics Anonymous has grown and support groups have developed to meet the needs of other family members. The life of each alcoholic is known to impact on at least four other loved ones. Other groups such as Mothers Against Drunk Driving (MADD) have evolved along with communities which provide Saferides to requesting teenagers who do not feel they are able to drive home from a party. Non-alcoholic discos are also helping to meet some of the social needs of the youth.

Changes in driving laws in New Jersey under Governor Kean are in effect a form of Tough Love for adults. The fear of the consequences of DWI (Driving While Intoxicated) have made a significant social impact. "Business Week" of April 28, 1986 reports that one automobile insurance company is promoting a new incentive program for non-drinking drivers. As adults our behavior has been irresponsible; we are fortunate to live in a time and place where alcohol related problems can be recognized and where help is available.

Connie Ford, RN, MPA

"The Doctor Is In" Series

This series is set up to bring you the most up-to-date information on key health topics we all need to know more about. The series features prominent doctors speaking on specific areas of their individual specialties. You will have an opportunity to ask questions of a specialist in each particular field of medicine. It may be a problem to get an appointment with a doctor, but that won't be a problem on these special dates, because on these dates "The Doctor Is In!"

The series will get off to a strong start in May with Aloysius Cuyjet, M.D. Head of Cardiology at United Hospitals Medical Center. Dr. Cuyjet will be speaking on the topic of "Hypertension — what can you do?" The lecture will coincide with the special activities planned at the New Beginnings Spa and Wellness Center for National High Blood Pressure Month, sponsored by the American Heart Association. The program will take place in the Conference Center at St. Joseph's Plaza on Tuesday May 13, 1986 at 7 P.M.

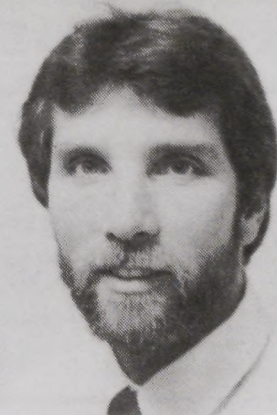
In the months to come we will be privileged to have Michael Rosen, M.D. and Bruce Greene, M.D. also from United Hospitals. Dr. Rosen will be speaking in June on the topic of "Colon Cancer," one of the leading causes of death in America today. Dr. Green will be speaking in July on "Osteoporosis," a crippling ailment that should be of interest to women of all ages, but the men are invited, too!

All are welcome, but seating will be limited to a first come basis. This is your chance to hear the latest information on health problems that concern all of us.

If you have any questions please call the Spa at 624-7373, for more information.



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by Kerry Gillespie,
Exercise Physiologist

Down With High Blood Pressure

High blood pressure, or hypertension, is simply the blood circulating through the arteries at a higher than normal pressure. Each time the heart contracts it creates a surge of pressure which is called a pressure pulse or pulse beat. This contraction phase accounts for one of the two phases of the heart beat. The second phase is the relaxation phase, where the heart will refill with blood and prepare for the next contraction. These two phases of the heart beat are also the two numbers you get when you take a blood pressure. The top number of the blood pressure or systolic blood pressure is the pressure in the artery when the heart is contracting. The lower number, or diastolic pressure is the pressure in the artery when the heart is relaxing.

The commonly heard normal blood pressure reading is 120/80, but the normal range can go from 100/60 to 140/90. If you have your blood pressure taken and the range is above or below these limits it would be advisable to report it to your doctor.

High blood pressure, if left untreated, can lead to very serious problems affecting your brain, eyes, and kidneys. The effects are clear, but what factors cause it to be high? Your family background can play an important unavoidable part of high blood pressure. If one or both of your parents had high blood pressure you are more likely to also have it. Age which is another unavoidable risk factor, can influence blood pressure through a cumulative process of complications throughout your life. Race, another

unavoidable factor, can have an effect on blood pressure. Blacks have been known to have a higher incidence of hypertension. This is not to say that it is due entirely to race, for diet, obesity and psycho-social aspects may play a part.

The avoidable factors include diet and obesity. By reducing your weight, reducing your salt and taking care to eat properly you can have a very positive effect on your blood pressure.

The treatment for high blood pressure, is, in most cases, medication. Due to the nature of this disease it is believed that it should be controlled while you are bringing it down. But how do you do that?

The medication will mask the problem, but you must change the risk factors that are causing it to be high. Often, simply losing weight can have a great effect on blood pressure. However, the two most accepted ways to bring down high blood pressure are relaxation training and exercise training. Relaxation training, in the form of bio-feedback, acts on the body enabling it to relax and thus reduces the blood pressure. Exercise acts on the body in a physical way to reduce factors such as obesity, water retention and the inflexibility of the arteries.

There are two roads to take, one fairly easy and the second a more difficult route. It would be easy to just allow the blood pressure to go up along with your weight and your age. The harder, less traveled route to normal blood pressure would entail watching your weight and thus what you eat, while following a good exercise program. The choice is up to you, but as Robert Frost once said, "I took the one (road) less traveled by, and that has made all the difference."

Spring's Beauty



Dogwood blossoms burst into full bloom for the first time in their new surroundings in the courtyard of the Extended Care Facility.

May Is High Blood Pressure Month

During the month of May the New Beginnings Spa and Wellness Center will offer a free blood pressure screening. The screening program will be held between the hours of 9 A.M. — 5 P.M. Monday thru Friday during the entire month of May.

High blood pressure is called the Silent Killer, because it offers no warnings and can lead to more serious problems, like heart disease, stroke and kidney disease.

If your pressure is normal we can tell you how to keep it that way. If it

is high we can provide you with information that will suggest ways to bring it down. Of course, if your blood pressure is high you should notify your physician. (Never attempt to treat yourself).

So come on in and have your blood pressure checked. We want you to be aware of this health problem during this month, but more importantly we want you to control your blood pressure for life!

If you have any questions please call the Spa at 624-7373 for more information.

MEMORIAL DAY

At Your (Social) Service

by the Staff of NCC Social Services Department



The Latest From Oscar

I'd Rather Be Reading

A library is a pleasant place to pass the time. One can indulge in countless novels of fantasies, read about other cultures or listen to one's favorite Biblical excerpts or musical selections.

A need for this cultural exposure was realized, when many of our seniors expressed such interest. Several are long standing members of the area libraries in Newark. However, due to health conditions or weather this was a trip they often had to postpone or terminate. New Community believes in providing its residents with the opportunity to participate in all types of events and projects, and by providing an in-house library system it is felt a lot of hours will be fruitfully filled.

This is a unique project. The Newark Public Library chose New Community as the first site for its "satellite" libraries. They are made possible in part by a state grant with matching funding from N.C.C.

Under the direction of Mr. Steven Welch and Ms. Valeria Harvell, Project coordinators of the Newark Library system, these satellite libraries will be stocked with such items as a wide variety of 150-200 books, changed frequently. Cassettes talking books, and records may be borrowed as well as films; for those buildings with VCR, there are also feature movies available. In addition to the standard materials there will also be available at each site tape recorders, magnifying sheets, an overhead magnification projector, and additional projectors and screens to enhance the quality of reading and make it enjoyable to all.

These libraries will be staffed by residents from the building where the libraries are set up. An advisory board of tenants at each site will be the governing force to insure that the libraries are stocked with items of interest that meet the needs of each location. They will also be responsible for the upkeep and operation of the libraries.

The sites for the "satellite" libraries will be Manor Senior, 545 Orange St.; Commons Senior, 140 So. Orange Ave.; Associates Senior, 180 So. Orange Ave.; and Douglas Senior, 15 Hill Street.

There is already a lot of enthusiasm being expressed by the tenants and many say, "Instead of watching old reruns,....I'd Rather Be Reading!"

Keep an eye out for the Grand Opening dates, coming in May.

Joyce Holmes

NCC Hispanic Residents Organize Club

A small group of hispanic residents recently organized a club that would be geared to meet their specific needs. Because of their different culture and the fact that many do not speak fluent English, hispanics are often reluctant to get involved in the community. The club hopes to overcome that.

Currently the group consists of approximately ten people. They meet once a month generally, to discuss mutual community and civic concerns, and make plans for programs that they feel would be of value to their group. Their main focus at this time is the development of activities for the annual New Community festival and the coming municipal election. Last

Last year the hispanic leaders played a major role in the festival activities. They made brightly colored costumes for their children that had loads of fancy ruffles with corresponding wide brimmed straw hats. Some carried small bongos and shakers. Participants performed their cultural dances and sang festive songs.

It is anticipated that in time more hispanics will join this group and together they will become strong advocates for the hispanic residents of New Community.

Virginia Scott

NCC Rappers

The month of April was designated "Child Abuse Prevention Month". During the month of April there were activities throughout the state to increase public awareness of Child Abuse. On April 18th New Community Corporation's youth department participated in a program which was sponsored by the Division of Youth and Family Service's Essex County District Office.

The program took the form of a Rap Contest for grades 7 thru 12 whose theme was "Rapp Attack on Child Abuse." The rules were: No profanity, and groups of four or less. Each group had to come up with an original rap. The criteria for judging groups was based on their message to children on safety tips; family life; ways to prevent abuse; originality, creativity, appearance and clarity. Representing N.C.C. were Byrant Motley, Kinard Thompson and Quil Cannan now known as the N.C.C. Rappers.

Kudos to all of our participants. We walked away with Certificates of Achievement.

Eladio Negron
Youth Coordinator

Mother's Day
May 11th

Update On NCC Girl's Club

Our membership is up to 36 young ladies. Some of our activities for April were camping at the Y.M.C.A. Silverlake Camp, roller skating at Livingston Skating Rink and going to see *The Color Purple*. Sometime soon we are also going to see *Off Beat*.

Much gratitude to all of our

Davis, Bernedette Palmer, Nicole Thomas, Charlene Harper, Yvette Harper, Felicia Marrow, Missy Goodson, Sandra Turner, Daphne Flemming, Tonya Singleton, Renee Scott and Elaina Davis. Also our *Little PeeWee Brielle*. All of this could not happen without our *Big Sisters*: Sheila Washington, Sharon



Members of the NCC Girl's Club smile for a collective portrait.

parents and naturally to the girls themselves.

Let me introduce you to all of our club members.

Skyblue Angels: Deveda Grier, Keefah Border, Tahisha Chambers, Rakeebah Clemons, Shilda Drye, and Shian Davis. *Sweet Diamonds*: Tracey Carter, Lonnice Palmer, Norma Riveria, Latonya Banks, Ayeisha Evans, Birdie Treadwell, Crystal Lilly and Toshia Howard. *Satin Dolls*: Barbara Ann Johnson, Kelly McKennith, Tisha Hunter, Tonya Hunter, Tina Garner, Sophia

Carter and DeeDee Bibbs, and let us not forget thanks to Barbara and Mr. Taylor for providing transportation.

We also have four helpers for our girls whenever we go away to camp or need manly assistance at other times. They are: Tony Gonzales, Marc McKennith, Derrick Bowman and Keith Hunter.

Good things are happening. If you are not doing anything exciting with your time look into becoming a member.

Sheila Washington

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Senior Programs

New Bus Desperately Needed

The NCC senior residents' *Bus Drive* for a special lift-equipped bus, is still going on. I would just like to take this opportunity on behalf of the Board to thank all of those who have given support to this worthy cause. If you have not yet made a contribution and wish to do so please contact any member of the NCC Advisory Board for *Seniors, Handicapped and Disabled*. Alma Hanks, from N.C. Douglas Homes, is the President.

Any resident from the Douglas-Harrison Apartments should call the manager's office for the names of their board representatives. Thanks to all of our board members for their diligence and determination in making this project a success. We can do "all things through Christ" which strengthens us!!!

Candidates Forums were held in each of the senior buildings. Both the seniors and family groups were afforded an opportunity to meet all of the candidates running in the municipal elections. Time was allotted for questions and answers. The attendance was *Excellent!!*

Annual R.S.V.P. Luncheon

Members of the R.S.V.P. (Retired Seniors Volunteers Program) attended the annual appreciation luncheon, which was held at the Town and Campus Restaurant in West Orange, New Jersey. Each year, Seniors within Essex County and the surrounding area are honored for their outstanding volunteer services to their community. There were close to 1,300 people in attendance. The unique talents and skills exhibited by this special group are innumerable. The seniors truly "stepped out in style". The guest speaker for the affair was Congressman Rinaldo. The musical entertainment was provided by Professor Robert Banks, one of Newark's finest. The meal was delicious and the service superb!! Everyone had a lovely time.

Bus Trips

The Seniors enjoyed a lovely outing down at the Englishtown Flea Market on Saturday, April 12, 1986. Some were able to pick up fine

bargains on needed items. Others just went along for the ride and enjoyed browsing around and talking with friends.

The Mets game, scheduled for Thursday, April 17, 1986, was rained out!! We will reschedule the trip in the near future hopefully, as the weather gets warmer.

Other trips for the month of April included a ride through Branch Brook Park to see the beautiful Cherry Blossoms. Spring has truly sprung!!!

NCC Seniors Participate in Free Denture Program

During the month of April, several representatives from the University of Medicine and Dentistry of New Jersey School of Dentistry in Newark, visited all of our senior buildings. Interested seniors were screened for participation in the free denture program. Each year the School of Dentistry receives a special fund from the State of New Jersey to provide Seniors with complete (upper and lower) dentures.

Eligibility requirements are that a person be 55 years or older, receiving Medicare and/or Medicaid, and have need of dentures. Persons who may not need full dentures, can also receive service for other dental needs (including extractions, if necessary). Those Seniors who are selected to participate in the program will be seen during the latter part of May, and will be visiting the dental school for regular weekly appointments until the work is completed (approximately 10 weeks).

If you missed the presentation and would like to participate, please contact your social worker or call NCC Social Services Department.

Chink Wing Entertains NCC Seniors

Through the courtesy of Newark's Department of Recreation and Parks, our seniors were able to enjoy the soulful sounds of Mr. Harold Wing and Co. This dynamic Jazz lights up the hearts of many. There was dancing and singing and everyone just having a jolly, good time.

Gloria Newsome
Social Services

NCC Health Care Center Service Visits Senior Buildings



Ossia Piegario, one of NCC Health Care Center's new medical assistants, checks Maude Bridges' blood pressure during her monthly rounds of senior buildings.

Retiring Superintendent Honored At NCC Roseville

April 4, 1986 at 5:30 P.M. Roseville residents and management honored Mr. Arthur White, with an appreciation dinner program, as he retired after 8 years of service as the superintendent of NCC Roseville.

The hostess Mary Clements, set aside a special table for Mr. White and his guests: Rev & Mrs. Biglow, several deacons and their wives from his church, his sister, daughter and friends. A very good friend prepared and brought him his favorite dish for dinner — turkey and dressing.

Mr. White was presented with a

plaque from the City Council for his outstanding service in this community, and his 8 years of hard work at NCC Roseville.

There were more than 100 guests present and plenty of food to serve them all. The menu was written by Ms. Clements who is thankful for all the volunteer help in the kitchen from the tenants. This was truly a night to be remembered by all attending — especially Arthur White. He will be surely missed by everyone at Roseville.

Mr. William "Bill" Avant will be taking over as our new superintendent. We all welcome him.

R. Steve Perkins

Senior's Ivory Record Astounds Dentists

On April 15th five young dentists came from UMDNJ to provide dental service for the seniors at New Community Associates. Asilean Sykes stepped forward and said that she had never been to a dentist and that she never had a cavity. For the first time in her life Asilean had not

one dentist looking in her mouth but five. We are proud to know an elderly person with such healthy teeth. Asilean and Colgate tooth paste have set an example for all of us. Congratulations Asilean.

Sister Vernoica,
Social Worker



NC Associates resident Asilean Sykes, who said she is over 60, exhibits her perfect teeth to the wonderment of a group of UMDNJ student dentists.

NCC Associates

On April 9, 1986 eleven volunteers attended the 12th Annual Recognition Program for R.S.V.P.

The afternoon held a social and friendly atmosphere. Some volunteers met old friends while others made new friends.

It makes one feel good to know that there are people who care enough to let you know you are appreciated. The volunteers are made to know their work is appreciated by all the work that is put into the Appreciation Dinner.

Most volunteers feel they are rewarded when they help someone else's day to be a little brighter, but

it's still good to know someone cares. We want to thank the sponsors of the program for making our day brighter.

We also want to thank Mr. Taylor and others for taking time from their busy schedules to provide transportation for us. How would we have made it without you? Perhaps next year, the transportation situation will be different, and we'll be using the new bus we're trying to get.

Count your life by smiles not tears. Count your age by friends not years.

Phyllis Burton

You Can Change

Man need not succumb to the quicksand of despair and hopelessness, nor continue to lethargically wallow in the quagmire of sin. He can change. He need not aimlessly stumble bleary-eyed down the road of obscurity and moral impotence towards the cliff of irreversible oblivion. The hypnotic chain of spiritual impoverishment, forged link by link, by years of mindless habit, need not continue to imprison his mind and shackle his soul. Change is an essential part of human life. The physical survival of the human race depends much on the fundamental change in man's character, on the radical change of his heart, and on motivations of compassion and sharing. Throughout history there have been people who have had problems in their lives which adversely affected their character and deeds, but they overcame these defections, learned from their misdeeds, and changed. Among those who changed were Moses, Jacob, the penitent thief on the cross, and John Newton.

Moses, the lawgiver had his career begin with a murder, followed by forty years of hiding from justice. He was a man of fear and unbelief, yet Moses changed, and led the Israelites out of bondage toward the Promised Land.

King David lusted after Bathsheba but could not have her to become one of his wives as long as Uriah, her husband, lived. So he had Uriah placed in the middle of the battle against the Ammonites where the fighting was fiercest so that Uriah would be killed. After Uriah was killed, King David took Bathsheba. King David changed; and in his twenty-third Psalm proclaimed, "The Lord is my Shepherd..." God called David a man after his own heart. (1 Samuel 13:14).

Jacob wrestled with the angel of the Lord and prevailed. He was given a vision of heaven yet his life was fulfilled with glaring failures. As a youth Jacob deceived his blind

father to steal his brother's inheritance. Married, he despised his wife Leah while he nursed a great secret love for his sister Rachel. He did not accept his responsibility as a husband. Here was a man caught in a web of trickery, graft, theft, unfaithfulness, and polygamy. Jacob's name was changed to Israel, symbolic also of his change in character, decidedly for the better.

Two thieves hung at the sides of Jesus: One blasphemed him, but the other prayed, "Lord, remember me when you come into your kingdom. Jesus answered the prayer of this penitent thief, who in the last second of his life on earth, had changed, and said, "...today you will be with ME in Paradise. It's never too late to change.

John Newton, a slave, born in London in 1732, commanded a slave ship for years. After his Christian conversion, he wrote the universal song, a great hymn of solace for a people in captivity, Amazing Grace. When one changes it is no telling the amazing things that can be accomplished.

Regardless of the remorse in which you may find yourself, you can change. Alter your inner attitudes toward life and your whole outlook on life may be altered. Think of those values that elevate, purify, empower and ennoble the soul, and open the door of your life, mind, heart, and soul to Christ, Who promises, "behold I stand at the door and knock: if any man hear my voice, and open this door, I will come in to him..." (Revelation 3:20). "Let all bitterness and wrath, anger and evil speaking, be put away from you, with all malice and be ye kind one to another, tenderhearted, forgiving one another...and walk in love." (Ephesians 4:30;5:2) There is no cheap Christianity: there is a price to pay for change. If you are willing to take up your cross and follow Jesus, you can change.

Lewis Graves
Springfield Branch
Newark Public Library

New Streets And Lights For Central Ward

Councilman George Branch announced today that almost half of all Central Ward streets will be repaved by July with new lighting in place throughout the ward by the end of the summer.

"This is the first major street improvement effort to be undertaken in the ward in 20 years," said the Central Ward official.

Approximately \$350,000 was allocated in the municipal budget to accomplish the street paving, and a similar appropriation is anticipated in this year's spending plan to further improve the ward's roadways, noted Branch.

The official said he is also pushing the city and Public Service to complete the replacement of incandescent and mercury vapor lights with high pressure sodium lamps.

The old lights are blue-white, while the new ones have a yellow tint, he pointed out.

Branch said, almost \$1.7 million is earmarked in the city's 1986 budget

for completion of the Newark street lighting project.

At the conclusion of the program, Newark will have approximately 8,000 new lights, he added.

"These new lamps are being installed to increase pedestrian visibility and to increase the safety of our residents," said Branch.

Gold Broom Award To New Community

The Greater Newark Chamber of Commerce and the "Love Newark — Keep It Clean" program recently awarded New Community its "GOLD BROOM AWARD."

The award indicates "a demonstration of concern on the part of NCC for a cleaner Newark, by maintaining your premises in an exemplary manner," stated the letter announcing the honor.

Presentation of the award took place on April 2nd at a ceremony at Branch Brook park.

Don't Forget St. Rose Spring Festival!

On Saturday, May 10, in the evening, St. Rose of Lima School will hold its annual Chinese Auction and Spring Festival at Roselle Catholic at Roselle, NJ. Attempts are now being made to make this event more successful than ever. Prizes, valuing more than \$20,000, have been carefully selected.

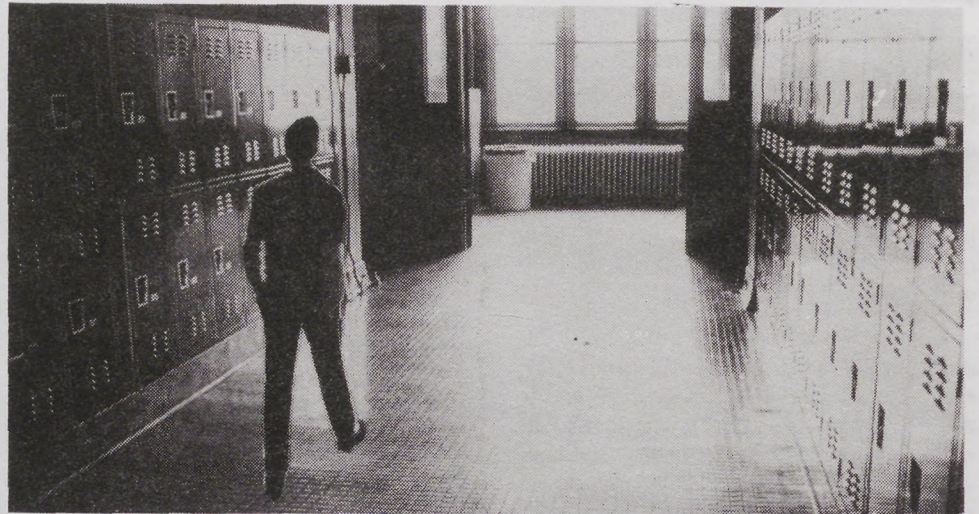
Proceeds from last year's Chinese Auction made several major improvements in the school possible. New lockers for all students were installed and the halls and stairways

were tiled. Other major improvements have been planned. Among these are the installation of new ceilings and improved lighting. The success of this year's Chinese Auction will depend upon the tireless efforts of parents, parishioners and friends.

Tickets are still available, Come join the Fun!

More information can be obtained by calling the School at 481-5582 or Saint Rose of Lima rectory at 482-0682.

Arthur L. Wilson



Roomy new lockers line the walls of St. Rose of Lima School while new non-slip floor tiles provide sure footing.

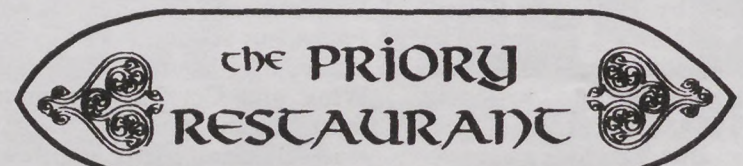
St. Rose Students Visit Bronx Zoo

On April 18th, the Kindergarten, 1st and second grades went to the Bronx Zoo on a class trip. While there, the children enjoyed many of the attractions that the zoo has to offer. A few of these are the Children's Zoo, the Safari Tour, and the Jungle World Exhibition.

The Children's Zoo presented more than forty species in varied zones of wild and domestic habitats. On the Safari Tour, children rode a train and heard a narration

describing the many animals of Africa and of both North and South America. The Jungle World Exhibition offered more excitement and adventure. It was in this exhibit, that the children explored and learned secret mysteries of a tropical rain forest. They saw birds, and bats play freely, watched a black panther leap about the rocks and trees, and observed gibbons swinging gracefully on branches and vines.

Ms. G. Langston



**233 West Market Street
Newark, New Jersey 07103
(201) 623-8001**

SUMPTUOUS SUNDAY BRUNCH 9:30 A.M. - 3 P.M.

Scrambled Eggs • Corned Beef Hash • Crabmeat Au Gratin
Ham • Beef and/or Pork Sausage • Bacon
Southern Fried Chicken • Shrimp Scampi • Fettucini Alfredo
Hash Browns • Rice, Grits • French Toast
Corn Muffins • Buttermilk Biscuits • Rolls
Apricot Nut Bread • Banana Bread • Fresh Fruit Bar
Champagne • Coffee, Tea, Iced Tea, Milk
Apple Juice • Orange Juice • Grapefruit Juice

All You Can Eat!

Adults — \$6.95 • Children 12 & under — \$4.95